



OHIO DEPARTMENT OF HEALTH

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John R. Kasich/Governor

Richard Hodges/Director of Health

October 10, 2015

RE: Request for Information- New Contract Opportunity
Ohio Department of Health (ODH) Bureau of Health Promotion
Healthy Children, Healthy Weights Program

The goal of ODH's Early Childhood Obesity Prevention program is to change environments that children live, learn and play in to reduce obesity and chronic disease. Key environments for children under 5 years of age are day care centers and day care-homes, and therefore, a majority of children spend 80% of their awake hours in childcare and eat 2/3 of all their meals in that setting. It is critical that these settings have policies, menus and environments that foster healthy eating, activity and habits. This is one of the keystones to preventing obesity both in childhood and adulthood. Healthy habits that are learned before Kindergarten are shown to be the most lasting.

Currently, ODH has a program called the Ohio Healthy Program (OHP). OHP provides health trainings and designation to increase the number of programs and providers that are implementing healthy policies, menus, interactions and environments. OHP reaches large early childcare centers readily, however, only 4% of in-home day care providers are reached with OHP. In home-providers often care for the most low-income children and face many barriers to attending the live OHP trainings. Using the Ohio Healthy Program (OHP) curriculum a new program was developed, called Healthy Children, Healthy Weights (HCHW) that is tailored to the family-child care provider. HCHW is tailored to the in-home setting, using six live-webinars, unlimited phone support and three on-site technical assistance visits, to maximize policy, system and environment changes in the day-care home.

The HCHW program, through support from ODH, has been running since March, 2015. Ninety-one Day Care home providers have been trained caring for over 1100 children. These providers have made in-depth and sustainable changes to their programs. HCHW now has a long waitlist of interested providers.

The goal of a new contract opportunity is to continue the work, as stated above, to train up to 120 FCCs on the importance of a healthy child care setting, and how to improve policies and menus to create healthy environments for children ages 0 to 5 years. One of the contract deliverables will be to present six (6) live webinar trainings which will cover healthy habits, healthy activity, healthy families, healthy menus and healthy policies. Another contract deliverable will be to conduct three (3) site visits focused on reducing sodium, improving the FCC eating environment, increasing fruit and vegetables on a budget, aligning menus and policies with program requirements to improve the health in the FCC environment, engaging families on health topics, and implementing program surveys to help evaluate the program. In addition, pre and post assessments will be used with each cohort of providers and their families. To determine the depth of improvements in the programs, providers, their environments and the families' health habits as a result of HCHW.

Contractors that are interested in this contract opportunity must have a licensed, registered dietitian on staff to review menus, advise on menus, revise the program relative to any National standard changes, and provide trainings on nutrition. These are requirements of the Ohio Board of Dietetics, Ohio's licensing administrator.

Also, the contractor must be an Ohio Child and Adult Care Food Program (CACFP) sponsor that has:

- State-wide distribution, capable of reaching both multiple urban and rural areas;

- Providers acclimated to the live-webinar format;

- Worked and is working in the Southeast area of Ohio; and

- Piloted a program similar to the one proposed.

All contractors that may be interested in a project that would include the above work should contact Carol Cook at carol.cook@odh.ohio.gov by October 23, 2015.

Thank you for your consideration of this information.

Carol Cook
Assistant Chief of Procurement
Ohio Department of Health
Office of Financial Affairs